

SLEEPING ARRANGEMENTS

There is a good chance that your new puppy will follow you everywhere. This will include trying to go in the bathroom with you (and perhaps the shower!), watching TV with you, checking the garden with you, and undoubtedly wanting to sleep with you. You (or one of the members of the family) will become his new security blanket until he becomes comfortable in his new home. If another family member throws a ball, he will bring it back to whichever family member he has temporarily latched onto. Eventually, he may choose another family member with which to bond, but for now, he may very well be needier than you. It is perfectly natural for both new family and new dog to be nervous, so don't be too concerned if he appears shy or withdrawn for the first few days.

A new puppy will often have a difficult time sleeping through the night. The puppy is used to being with its mother and litter mates, but in the dark the puppy is all alone. This makes the puppy whine in loneliness and often a bit of fear. Many young pups also cannot go all night without eliminating, so they will whine when they have to eliminate. There are several steps that a new owner can take to make a puppy sleep through the night and to ease its fear.

Things You'll Need

- Robe
- Slippers
- Leash
- Flashlight
- Crate or contained area
- Dog bed
- Alarm clock
- Blanket
- Stuffed animal
- Radio
- Wind-up clock
- Music
- "white noise" machine/device (fans are good for this)
- PATIENCE

Place the puppy's crate or dog bed beside your bed. Do not let the puppy sleep in the bed with you, but let him sleep beside you in its own bed. Being in the same room with his owners will often help a puppy to successfully sleep through the night. You may initially get less sleep the first few nights, but your puppy will feel comforted having you close to him, allowing for more restful sleep. As the puppy grows up and begins to feel more secure, he can be transitioned to another room.

Place a blanket or stuffed toy in the crate or dog bed with the puppy. The blanket or stuffed animal should hold a scent of the puppy's dam and litter mates. Since this is not possible for some of you, give him a warmed stuffed animal. You can **warm it by sticking it in the dryer for 5 minutes.** Or you can use a hot water bottle wrapped in a towel. This will help ease the puppy's fears so he can sleep more restfully.

Place a ticking clock or play a radio on low for your puppy. Many puppies cannot sleep in a quiet room. A little bit of background noise soothes the puppy and allows him to fall into a restful sleep. Using a "white noise" device such as a fan, ocean/nature sounds device or classical music (or a combination of the three) can help to lure your puppy to sleep. Shushing the puppy also helps.

Take the puppy out to eliminate before bed. This is a good time for your puppy's last 15 to 20 minute walk. This will also help to calm him for bed. Watch to be sure the puppy at least urinates before taking him to bed. If the puppy should wake up in the middle of the night with incessant crying, take him outside again to potty.

Remove all food and water from your puppy at least three hours before bed. This will help cut down on the need to eliminate during the night

Play with your puppy quietly before bed. Avoid being overly exuberant. Remember that a wound-up puppy is less likely to sleep. The hour before bed should be peaceful and fairly quiet.

Set your alarm clock to take the puppy outside to potty at least once during the night. Puppies will not sleep if they eliminate in their dog bed or crate. A puppy also cannot sleep with a full bladder or the need to defecate. Taking the puppy outside once during the night to potty will help him sleep easier during the night.

Tips & Warnings

- Keep your slippers and robe within easy reach so you can quickly take the puppy outside.
- Keep a flashlight available.
- Keep the leash within easy reach to quickly take the puppy outside to potty.
- Do not allow the puppy to sleep too much in the evening. *Keep the puppy awake.* The puppy should not nap in the evening.

- It may take a few weeks to get the puppy adjusted. However, with consistency and routine, your puppy will start sleeping soundly through the night. Puppies, like children, do well with routine and predictability.
- Make sure any toys you leave in the crate do not have loose parts that can be swallowed.
- Make sure edible chews are tossed when they become small enough to choke on.

Remember your puppy should be crated when you are home for a few hours a day too. (This will help him know it's a good place to be.) A special treat like a marrowbone or Kong toy smeared with something good like Peanut butter or cheese works well to help keep your puppy occupied.

To let him on the bed or not? There are two definite opinions on this: YES and NO! As long as it is comfortable for both human(s) and dog(s), I see no reason not to, unless your puppy starts guarding the space. Most of us dog folk invite our dogs to sleep on our beds. Those who frown on dogs sleeping with their humans in bed usually base their concerns on the possibility that the humans' happiness will be compromised.

Dogs sleeping in their masters' beds may begin to think of themselves as equals which may lead to other problems. Some pushy type dogs that sleep with their humans may try to take control as leader of the family pack, ultimately trying to intimidate the human by not letting him move them while on the bed, or not letting the human or one human of the family in bed at all.

Should your puppy begin to growl at you or exhibit other signs of hostility or intimidation, he needs more than just being kicked out of your bed! He (and you) need to see a behaviorist to help with your relationship. A "No Free Lunch" Program) (see NILIF) will probably be suggested. This dog may never be allowed to have this privilege.

Choosing whether your dog sleeps in a crate, on a dog bed, or in your own bed is your decision.

DEVELOP A ROUTINE-Housetraining

Try to develop and use a consistent daily routine for feeding, exercising, and bathroom duties. Dogs are creatures of habit. If you do the same things in the same way and in the same order, he will settle in more quickly and learn what is expected of him and when.

For example, walk your new puppy or let him out in the fenced yard as soon as you rise in the mornings. If you will be feeding him in the morning, do so after a short walk or romp in the yard. Give him one more chance to relieve himself after breakfast and before you go to work. Usually around 5-15 minutes after each meal, your puppy needs to defecate.

Puppies urinate quite often, and you will need to try to get your new baby out every hour when possible, praising when they "do business" for you. You may also use treats, but not every time... a bit of "loving" will suffice also, patting and kind words of praise. (We have done this for you, from the time your pup was 5 weeks old, so they are aware that "outside" is where to go. Given this opportunity they will housebreak easily). Watch for signs of circling and sniffing behaviors. You eventually figure this out, and realize when you are being given the signs. *It is not the puppy's fault, if you are not available to watch for signs in early puppy hood to housebreak them properly.

Upon your return from work, he should get a bathroom break immediately, and a good exercise session after you have changed your clothes. Once he has exercised heavily, wait about an hour before you give him his evening feeding. He will need another bathroom break anywhere from 5-15 minutes later depending on his age.

He should be given a good potty break right before you retire for the evening.

LEAVING YOUR NEW DOG ALONE DURING THE DAY

Crating your puppy in the beginning will eliminate accidents, chewing, destruction (which may be dangerous besides frustrating), and any other mischievous activity that may be rooted in nervousness and insecurity. A crate can provide a place where the puppy feels safe in your absence

It may also be a lifesaver should a fire or natural disaster dictate the need for people other than you to rescue your dogs from danger. (He should also be crated while you are home for a few hours each day this will help him to know its an OK place to be.) A crated dog cannot panic and run to another part of a house unfamiliar to a fire fighter or rescuer. If you prefer not to crate you should still confine your puppy. Baby gates in the kitchen, laundry room, bathroom or hallway are good places. This allows your puppy to be in a familiar place with familiar things without being totally confined. If the area of confinement is too large, however, you may begin to have problems with housebreaking accidents.

Make the good-byes (and hellos) as nonchalant as possible so as to not encourage separation anxiety. When you return, if all is in order, praise the puppy for being good while you were away and take him out as soon as you can get him out of the location. (Note: It is not fair to get upset with the dog if he has an accident, but was left alone for 8 or more hours. How long can you hold it?)

If you must be away from home longer than the dog's bladder (whatever his age – see Crate Training in your manual) can comfortably hold it, you may want to consider hiring a dog walker for a mid-day walk. Most puppies will go out of their way to earn their owner's praise and affection, so he will do his best to please

you (as long as you are realistic and consistent in your expectations and demands.)

Remember if you correct, the dog must be in the action of doing what's wrong. So if you don't catch them in the act, your correcting doesn't promote learning. Good management on your part will help your dog become the best he can be!

OTHER QUESTIONS AND COMMENTS

1. Is it OK to change the dog's name? I encourage new adoptive families to change their new family member's name if they so desire. The puppy usually learns the new name quickly, especially if you overuse it in the beginning. Give lots of treats for looking at you when his name is spoken. (My puppies are called by their ribbon colors or "puppy,puppies"...in a very high pitched voice, to get them all to come at the same time, in or out)

2. How important is obedience training? Extremely important! One of the best ways for you to establish a relationship with your new puppy and begin to develop a bond is through obedience training. Even if you are not a new puppy owner, obedience training can be as valuable for you as it is for your puppy. A class taught by a professional instructor and full of positive reinforcement will get you and your puppy off to a great start.

If you go to a class with other students, you will not only learn to handle your new best friend but also how to communicate effectively with your puppy with distractions, and it will provide an opportunity for him to practice socializing. The more socialized you can keep your puppy, the more places you will feel comfortable taking him.

The AKC S.T.A.R.Puppy and Canine Good Citizen classes with the test being on graduation day are great for testing your dog's manners. This tests your dog's ability to behave well in a variety of situations. Often telling a hotel your dog is a CGC, coupled with bringing his crate, will open more doors to you and your dog when traveling.

Learning a command like the emergency down, where the dog must drop to the ground instantly when commanded to do so, may save his life someday. There are many practical reasons for taking a series of obedience classes, and *all family members* should participate to reinforce their relationship and their bonds.

We offer Basic OB classes as well as the AKC classes. Just ask for times. Above all, be patient, manage well and be consistent with your new puppy. Use positive reinforcement and lots of praise when he is a good boy. When he makes a mistake, limit his freedom and manage him better and then praise him as you give him more freedom and are watching for good behavior.

Undoubtedly, you will get lots of advice—good and bad—from other dog owners. Read and do your own research as much as possible to become familiar with responsible dog ownership practices. But, *understand that sometimes you need to try more than one approach to a problem because each dog is different.*

We will be following up with you to make sure all is going well. Don't be afraid to ask questions and bring up situations that you are unsure of how to handle. The goal is to make sure the puppies are in their forever homes. You can contact Wendy at trainer_kpr@yahoo.com.

Most of all be prepared to give and receive more love, affection and loyalty than you ever thought possible.

The majority of this information was adapted from *New Dog – New Home* by Ganley/Lyon (1999) that was listed as an article on the Upper Valley Human Society (UVHS) website. The original information was geared towards adopting a shelter dog. This information is specifically geared to a new puppy in your home.

Enjoy your new puppy for many years to come.

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AMERICAN KENNEL CLUB CLASSES

AKC S.T.A.R. Puppysm Program!

Test Items and Pledge

A key component of the AKC S.T.A.R. Puppysm Program is a responsible owner. Our Canine Good Citizensm Responsible Dog Owner's Pledge is for the AKC S.T.A.R. Puppysm Program too. Responsibility should start the moment you decide to add a new dog or puppy to your family.

AKC CGCsm Responsible Dog Owner's Pledge

I will be responsible for my dog's health needs. These include:

- routine veterinary care including check-ups and vaccines
- adequate nutrition through proper diet; clean water at all times
- daily exercise and regular bathing and grooming

I will be responsible for my dog's safety.

- I will properly control my dog by providing fencing where appropriate, not letting my dog run loose, and using a leash in public.
- I will ensure that my dog has some form of identification when appropriate (which may include collar tags, tattoos, or microchip ID).
- I will provide adequate supervision when my dog and children are together.

I will not allow my dog to infringe on the rights of others.

- I will not allow my dog to run loose in the neighborhood.
- I will not allow my dog to be a nuisance to others by barking while in the yard, in a hotel room, etc.
- I will pick up and properly dispose of my dog's waste in all public areas such as on the grounds of hotels, on sidewalks, parks, etc.
- I will pick up and properly dispose of my dog's waste in wilderness areas, on hiking trails, campgrounds and in off-leash parks.

I will be responsible for my dog's quality of life.

- I understand that basic training is beneficial to all dogs.
- I will give my dog attention and playtime.
- I understand that owning a dog is a commitment in time and caring.

20 STEPS To Success: The AKC S.T.A.R. Puppysm Test

Socialization
Training
Activity
Responsibility

OWNER BEHAVIORS:

1. Maintains puppy's health (vaccines, exams, appears healthy)
2. Owner receives Responsible Dog Owner's Pledge
3. Owner describes adequate daily play and exercise plan
4. Owner and puppy attend at least 6 classes by an AKC Approved CGC Evaluator
5. Owner brings bags to classes for cleaning up after puppy
6. Owner has obtained some form of ID for puppy-collar tag, etc.

PUPPY BEHAVIORS:

7. Free of aggression toward people during at least 6 weeks of class
8. Free of aggression toward other puppies in class
9. Tolerates collar or body harness of owner's choice
10. Owner can hug or hold puppy (depending on size)
11. Puppy allows owner to take away a treat or toy

PRE-CANINE GOOD CITIZEN[®] TEST BEHAVIORS:

12. Allows (in any position) petting by a person other than the owner
13. Grooming-Allows owner handling and brief exam (ears, feet)
14. Walks on a Leash-Follows owner on lead in a straight line (15 steps)
15. Walks by other people-Walks on leash past other people 5-ft away
16. Sits on command-Owner may use a food lure
17. Down on command-Owner may use a food lure
18. Comes to owner from 5-ft when name is called
19. Reaction to Distractions-distractions are presented 15-ft away
20. Stay on leash with another person (owner walks 10 steps and returns)

From the American Kennel Club website akc.org